

# Cornbread - USDA Recipe B90

Meal Components: Grains

B09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8 oz	1 1/2 cups	1 lb	3 cups	<b>1.</b> Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
White whole-grain cornmeal	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Sugar	3 oz	1/3 cup 2 Tbsp	6 oz	1 cup	
baking powder		1 Tbsp 1 tsp		1/4 cup	
Salt		3/4 tsp		1 1/2 tsp	
Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup	<b>2.</b> Combine eggs, milk, and oil in a large bowl. Stir well.
Nonfat milk		1 3/4 cups		3 1/2 cups	
Canola oil		1/4 cup		1/2 cup	<b>3.</b> Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT

- 4. Pour batter on a sheet pan lightly coated with pan release spray.
- 5. Bake until lightly browned:
- 6. Remove from oven. Cool for 10 minutes.
- 7. Portion:

Variation: Fresh red and green bell peppers, diced 1/4"	4 oz	3/4 cup	8 oz	1 1/2 cups	8. Variation: Add peppers and corn to step 3. Continue with step 4.
Canned low-sodium corn, drained, rinsed	4 oz	1/2 cup 2 Tbsp	8 oz	1 1/4 cups	

Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Servings**

NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 2 lb 1/2 oz  <b>50 Servings:</b> about 4 lb 1 oz	<b>25 Servings:</b> about 1 quart 1/4 cup / 1 quarter sheet pan (9 1/2" x 13" x 1")  <b>50 Servings:</b> about 2 quarts 1/2 cup / 1 half sheet pan (18" x 13" x 1")

Nutrients Per Serving					
Calories	107	Saturated Fat		Iron	
Protein	3 g	Cholesterol	14 mg	Calcium	40 mg
Carbohydrate	18 g	Vitamin A	53 IU	Sodium	173 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	2 g